



Creamy Kohlrabi & Apple Salad

6 servings

15 minutes

Ingredients

810 grams Kohlrabi (julienned)
2 Green Apple (julienned)
7 grams Fresh Dill (chopped)
75 grams Plain Greek Yogurt
30 milliliters Lemon Juice
6 grams Sea Salt

Nutrition

Amount per serving	
Calories	80
Fat	1g
Saturated	0g
Carbs	17g
Fiber	6g
Sugar	9g
Protein	4g
Cholesterol	2mg
Sodium	429mg
Potassium	553mg
Vitamin A	260IU
Vitamin C	87mg
Calcium	66mg
Iron	1mg
Vitamin D	6IU
Vitamin E	1mg
Vitamin K	2µg
Thiamine	0.1mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	26µg
Vitamin B12	0µg
Phosphorous	70mg

Directions

- 1 Combine all ingredients in a large bowl and mix well to coat. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1 1/4 cup.

Make it Vegan: Use coconut yogurt instead of Greek yogurt.



Magnesium	29mg
Zinc	0mg
Selenium	1µg